

Phryme

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**EVERY ARTIST WAS
FIRST AN AMATEUR:**
PEARL DUMFRIES

AMANDA GUTIÉRREZ
DETERMINED TO HELP RESTRUCTURE
ARUBA'S HEALTH SYSTEM.

**GIFT IDEAS UNDER €50;
OVEN ROASTED CHICKEN
RECIPE BY COOK IT BY EAR;
& MORE!**

**"MY DREAM IS TO INFLUENCE
MANY AND HELP MILLIONS."**
THAIS FRANKEN

'TIS THE SEASON!

Happy Holidays!

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BLOGS!



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AVAILABLE!**

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"Exclusively on expatriate students!"

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MAGAZINE

“Exclusively on expatriate students.”



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'TIS THE SEASON!

Happy Holidays!





8

sailing into... **STOCKHOLM**

THE STUDENT CITY

In this 6th edition, we take you to a beautiful region in northern Europe, named Scandinavia. The term Scandinavia represents the three kingdoms of Denmark, Norway, and Sweden. The specific country and city of Scandinavia we'll be setting foot in is Stockholm, Sweden. Stockholm is the Capital of Sweden, but also of Scandinavia itself, built on fourteen islands around one of Europe's largest and best-preserved medieval city centers, surrounded by the Baltic Sea. It is the most populous city in the Nordic countries where as of 2017, 952,058 people live in the municipality. The city is also home to some of Europe's top ranking universities, such as the Stockholm School of Economics, Karolinska Institute and Royal Institute of Technology (KTH).



Things to do in Stockholm:

Free Walking Tour: Like many other countries and their cities, you can pay to go on a city tour, but since we're focussed on students, something cheap or rather free seems more audience related. Every day at 10 am and at 1 pm you can gather round at the Gamla Stan train station on the island of Gamla Stan in Stockholm to join the free tour. The tours consist of an approximately two-hour walk around the new city and the old town, respectively. During this tour, the guides will tell you as much history as possible about the city and also the greatest hotspots to visit. After the tour, you are free to give a contribution as small or as large as you'd like to the tour guide for their job. The only thing they ask in return is a positive feedback on Tripadvisor or any other social media to spread the word of the tours they give.

Visit a free museum: If you're a lover of art, architecture, history, and culture from near and far Stockholm offer over a dozen musea with free admission, where you can enjoy just that with no price tag at all.

Enjoy Fika: After a long day of walking tours and museum hopping, it is highly recommended to go to a local kondituri for fika. The Swedish society is known for is having a fika. Fika is the act of having a cup of coffee or tea with a sweet pastry, such as a Kanelbulle. But fika is also much more than that. It's about taking time out of your day to pause, relax and often spend some time with your friends and colleagues catching up and sharing a moment.

Why live and or study in Stockholm?

As of this year on Topuniversities.com, Stockholm was ranked #6 as the best student cities to live in. However, living in Stockholm does come at a cost, as it has also one of the highest costs of living, but as an EU student, you won't have to pay tuition. So, living in Stockholm is clearly worth its high price tag for many!

Stockholm was the first city to receive the award European Green Capital by the EU Commission in 2010. Stockholm has the cleanest air of all European capitals. It's no wonder since green spaces make up one-third of the city and pristine nature awaits less than a half hour away.

While it is true that Sweden gets very cold and dark during the winter with some days only six hours of sunlight, it is no doubt that the city will make you feel warm. By just going to a family owned konditori (Swedish pastry cafe) during Fika you can enjoy a cup of coffee or with a sweet treat, such as a Kanelbulle (cinnamon bun/roll) that will warm you up inside.

After emerging from winter, surviving the dark and be ready to see the back of snow, Stockholmers are rewarded with spectacular summer days that seem to last forever (up to 18 hours a day).

Fun facts:

- The city's Mårten Trotzigs Gränd Alley is the narrowest alley in the world - its diameter is barely 90 cm.
- The Nobel Prizes in physics, chemistry, medicine, and literature have been awarded in Stockholm every year since 1901 on December 10, the anniversary of Alfred Nobel's death. Why? The Swedish-born inventor requested so in his will.
- Craving some art? Head down into Stockholm's metro stations. It is the World's Longest Art Gallery, more than 90 of the 100 stations along the 110 kilometers of the track have been decorated with mosaics, paintings, sculptures, and carvings by artists since the 1950s;
- Stockholm has an entire museum dedicated to ABBA. While visitors can get a glimpse at some of the 1970s band's gold records, wardrobe pieces, and gadgets, the true goal of the museum is to let you "experience the feeling of being the fifth member of ABBA";
- Stockholm syndrome is a condition that causes hostages to develop a psychological alliance with their captors as a survival strategy during captivity. It was named in 1973 when four hostages were taken during a bank robbery in Stockholm.



'TIS **THE SEASON** *for giving!*

As the holiday season is approaching, most of us are starting to prepare our gift list. As some of our friends and family are harder to shop for than others, here's a list of ideas for all those well deserving people in your life. The best part is that all these gifts are priced under €50, -!



1. **MONOGRAMMED CUFFLINKS** by CelebrateToday on Etsy

THAT MALE FRIEND WHO'S MOVING ON UP IN THE WORLD.

We all have that person in our life who's recently graduated or has gotten promoted at his job. Suddenly, they need to wear suits daily. These are the perfect personalized gift ideas to go with his new outfits.

A great accessory for any man, these cufflinks will be personalized with the monogram initials of your choice. These cufflinks are available in gold, rose gold, and silver. These are sure to fit anyone's style preference. At under €36, - per pair, it's a thoughtful gift that the recipient is sure to make use of.



2. **THE GOOD HURT FUEGO: 7 DIFFERENT HOT SAUCES** by Thoughtfully on Amazon

FOR THE FOOD EXPERIMENTER

For that friend who's always up for trying something new when it comes to food, but also the friend who enjoys that extra spicy kick. The good hurt Fuego comes with seven different flavors of hot sauces, ranging from mild to blazing hot. Shaped like a bundle of dynamite, it's a fun gift that also serves as a great table piece. Priced at just under €40, - for the set, it's the perfect gift that's sure to last for a long time.

3.



BIRTH MONTH FLOWER NECKLACE

by uncommongood.com

FOR YOUR FRIEND WITH THE GREEN THUMB

For that one friend who has a home full of plants, and still wants more, this is the perfect gift. Every month has its own birth flower, much like each month has its own birthstone. Each necklace is uniquely made with a dried, pressed bud captured in a resin pendant. Sourced from around the world the flowers are specially picked and set in a silver-plated brass bezel, with a sterling silver chain. And in case your friend isn't big on necklaces, these birth flower pendants are also made into earrings. Priced at just under €45,- per necklace, this gift is sure to make that green thumb in your life smile.

4.



I CAN'T TOUCH MY TOES TOTE SOLD

by yogagirl.com

FOR YOUR FRIEND THE YOGA GIRL

Rachel Brachten AKA Yoga Girl has just launched a shop on her website yogagirl.com here she now offers a variety of products from t-shirts to totes all priced under €50, - per product. This tote is perfect for your friend who is just starting out with her yoga practice or the one who's already been practicing for years. It's funny yet thoughtful and 10% of the retail price is donated to the Yoga Girl Foundation supporting women and children who suffer the consequences of trauma, injustice, abuse and poverty. And just as an FYI, all products are made using recycled and certified materials.

5.



MOBILE LENS KIT

on Urbanoutfitters.com

FOR THE PHOTOGRAPHER IN THE GROUP

The perfect gift for any amateur picture taker in your social group. This lens kit includes three different lenses, all on a sleek key clip. With both fisheye and fly-eye lenses, this gift is sure to take smartphone photography to the next level. Priced under €40, - it's guaranteed to be the perfect gift for any amateur photographer.

6.



WIRELESS BLUETOOTH HEADPHONES JBL

at De Bijenkorf

FOR THE MUSIC LOVER

have a stylish design, scores high in wearing comfort and gives a deep and powerful sound. The lightweight model folds flat and plays wireless audio for up to 11 hours without having to recharge. The headphones can easily be switched between phone and music, with the easy-to-use buttons on the earcup. These headphones are sure to bring joy to your music loving friend. These headphones are priced at €50, - and are available in three colors: Black, blue and white, which are colors promised to fit any style.

IT'S **NEVER** TOO LATE TO LEARN.

Back in Aruba after studying abroad? What's next? Well, the University of Aruba's Center for Lifelong Learning might have something for you! There are two kinds of universities in this world: those that exist because a community builds up around them, and those that develop because a community needs them.

The University of Aruba (UA) is a university that grew to fulfill a need - the need for higher education on the island of Aruba. UA is celebrating thirty years this year and that's quite an accomplishment. However, a bigger accomplishment might be the Center for Lifelong Learning. The Center for Lifelong Learning is the branch of the UA that grows from the heart of the university, directly through the community that supports it.



CLL's mission statement is 'to provide opportunities for learning throughout life' and that's exactly what they do. From language classes, to business and marketing seminars, mindfulness training and personal development - the Center for Lifelong Learning has multiple resources for those who want to grow professionally and personally. For locals who simply love to learn - CLL's got you too. They offer an abundance of classes designed to inform, educate and inspire. Aruba might be a tiny island, but the roots of her educational system grow deep and her flowers bloom throughout the whole community. It's never too late to learn.

.....



University of Aruba

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AMANDA GUTIÉRREZ

DETERMINED TO HELP RESTRUCTURE ARUBA'S HEALTH SYSTEM.



Taking care of our bodies involves more than just exercising regularly; it entails being cautious about what we eat by knowing what kind of nutrients we can obtain from the food we consume. As a result of the ongoing trend that is urging more people to take the necessary steps to revolutionize their eating habits, many are turning to health experts, such as nutritionists, for support.

Amanda Gutiérrez López, 25, recently obtained her Bachelor of Science degree in Human Nutrition and Dietetics from 'Universidad de Ciencias Médicas' in Costa

Rica, making her amongst the many graduates from the health range that Aruba ought to be proud of. Currently, she is working as hostel receptionist in Amsterdam in order to save money for her master's degree that she plans on starting in Molecular nutrition and Toxicology at Wageningen University in 2019. Gutiérrez was born and raised in Barranquilla, Colombia. Together with her family, she had moved to Aruba around the age of 7. Moving to paradise was not easy as the young lady did not have sufficient time to learn Dutch, the language of instruction at school. In fact, during her first year on the island,

she was often punished for not knowing the Dutch language. This was an incredibly frustrating period for her because, instead of having the language correctly explained to her, she was treated differently for solely not understanding it. This experience has simply encouraged her to work harder, which is precisely what she has been doing ever since.

From a young age, she worked so hard that she never sat down; she enjoys being busy and has always been active – Volleyball and dancing were amongst the many hobbies she enjoyed.

After graduating from Colegio Arubano, she decided to follow her dream of becoming a nutritionist,

"I remember watching a number of different programs on Discovery Channel that was showing people who struggled with issues such as, bulimia, anorexia, and obesity. Among the health professionals that were interviewed on these shows, there were nutritionists."

Following a research into the world of nutritionists, Gutiérrez says that she fell in love with the profession and decided to pursue a degree in Human Nutrition and Dietetics in Costa Rica, as this particular study program was much cheaper there.

Costa Rica is a popular destination for Dutch-Caribbean students who want to study medicine. Yet, many of those that graduate as medical professionals in Costa Rica are often met with frustration once they decide to return to Aruba, *"I am able to work in Aruba but, unfortunately, graduates that have completed their education in the Netherlands are often the first people hired. On the other hand, those of us who have completed our degree in Middle or Latin-America will usually have to wait a couple of years before we are able to work."*

Despite her frustrations, Gutiérrez is not giving up on her dreams anytime soon. Gutiérrez plans on staying a couple of years in the Netherlands while, hopefully, working in a place that specializes in less common sicknesses, after graduating with a master's degree. Only then, she would like to return to Aruba to help restructure the health system, and, who knows, maybe open her own clinic one day!

Are you one of the many people attempting to change your eating habits? Dieting doesn't happen overnight, but there are simple things that you can do to adopt a healthier lifestyle.

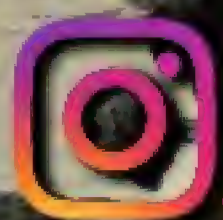


AMANDA'S 5 TIPS ON HOW TO ADOPT TO A HEALTHIER LIFESTYLE:

1. If you are not physically active, then try getting some physical activity regularly. Whether that is going to the gym, dancing, walking - literally anything that involves physical movements.
2. Avoid eating out all the time - try cutting down on fast food, soda, and other types of food and beverages that contain lots of sugar.
3. Try to prepare your food at home and take them to work or to school. This allows you to be in control of what you are consuming daily and you're also saving money.
4. Sleep well and drink lots of water.
5. Avoid comparing yourself to others, particularly people who claim they are fit on social media. Everyone has a different body and each body requires a different process in the adoption of a healthier lifestyle.
6. Finally, it is essential to seek information at the right people - those who truly know about food. This is especially important for vegetarians and vegans.

A sunset over the ocean with a rocky shore in the foreground. The sky is filled with orange and yellow clouds, and the sun is low on the horizon. The water is a deep blue, and the rocks in the foreground are dark and jagged. A small part of a boat is visible on the right side of the image.

*"More passion is what
this world needs."*



@islandpassion297
DM FOR PHOTOSHOOT



ISLAND PASSION 297

PHOTOGRAPHY



> INGREDIENTS:

1 (3-4 pound) whole chicken (remove inside and discarded, if included)
6 garlic, minced (about 2 Tbsp.)
6 cloves
2 Tbsp. butter, melted
2 Tbsp. Honey
1 Tbsp. Brown sugar
1 Green bell pepper(chopped)
1 stalk Rosemary
Salt and black pepper to taste

>> OVENROASTED CHICKEN

> DIRECTIONS:

Thoroughly rinse the outside and inside of the chicken. Gently pat dry with paper towels.

Using your fingers, carefully lift up the skin on top of the chicken (near the neck) and pull up gently. With your other hand, gently separate the skin from the breast and thigh meat. Then take half of the garlic, cloves, bell pepper and rosemary.

Stuff them in between the skin and meat, so that it is fairly evenly spread out. Take the remainder of the garlic, bell pepper, cloves, rosemary and spread it all over the cavity inside the chicken.

Then take the butter, honey, brown sugar and baste the entire outside of the chicken. Sprinkle generously with freshly ground pepper and salt.

(Optional: Cover and refrigerate for 12-24 hours.)

Adjust oven rack to lowest position and preheat to 230 C degrees. Place foil loosely in large roasting pan. Flip chicken so breast side faces down, tucking the wings under, and set V-rack in roasting pan on top of foil. Roast chicken 25 minutes.

Remove roasting pan from oven. Using 2 large wads of paper towels, rotate chicken breast-side up. Baste briefly with pan juices or additional melted butter. Return to oven and continue to roast until skin start to turn golden brown.

For extra crisp increase oven temperature to 250 C degrees. Continue to roast until skin is crisp, 10 to 20 minutes.

Transfer chicken to cutting board and let rest, uncovered, for 20 minutes. Carve and serve immediately.





EVERY ARTIST WAS FIRST AN AMATEUR

THE SINGER-SONGWRITER PEARL DUMFRIES.



Many people are born wanting to become more than the average Joe — whether it is to become a doctor, a school teacher, a professional cook — really, you name it. Yet, even when considering all the risks, others choose to pursue perhaps a not-so-promising career, such as one in music.

Singer-songwriter Pearl Dumfries, 20, was born in Amsterdam and, shortly after birth, had moved to Aruba. It was on the One Happy Island where she attended kindergarten, elementary school and some years of high school.

Nearly halfway through secondary school, the young teenager found herself on a one-way flight to the Netherlands. Not long after obtaining her high school diploma in the Netherlands, Pearl had chosen to return to Aruba in order to study 'Sociaal Pedagogische Medewerker' at the Colegio EPI. After successfully attaining her MBO degree, she decided to pursue a Bachelor's degree in the same field. Today, Pearl lives in The Hague and could not be happier with her life; the talented artist is extremely proud of her Suriname-Haitian roots. While in the Netherlands, Pearl tries to live a well-balanced life as she attempts to devote her time to both music and school.

WHERE WORDS FAIL, MUSIC SPEAKS.

Pearl jokes that her love for music began when she was in her mother's belly. As a child, she was regularly surrounded by talented individuals who practiced the art of music, including her father who was very much involved in music,

"My father plays many instruments and my mother enjoys singing. Thus, growing up, music was always there."

At just thirteen years old, she started learning how to play the guitar and began taking songwriting more seriously, *"Songwriting was therapeutic for me. It was a technique that I used in order to deal with my emotions."* While she did struggle at times to put her exact feelings into words, music was, and still is, an ideal way for the young artist to express herself. While growing up, her father would often play tunes by Brian McKnight. Additionally, she would listen to a number of different kinds of music, including Latin, Aruban folklore, and R&B.

When it comes to family support towards her love for music, Pearl says that she recognizes her mother's support as emotional, spiritual and philosophical. On the other hand, her father gives her physical support by reminding her to take care of her body and to remain active. Nonetheless, particularly when she was younger, her parents insisted that she finishes her school, but Pearl had a different mindset. In fact, to this day, she would rather see people with promising talent devote their time to the talent, instead of attending school 'just to be safe'. Still, she recognizes education as an important instrument, but says that there must be a reasonable balance between the education of someone and their passion.

Pearl, just like many young artists, has a list of legendary individuals that she looks up to, One whose music can still be heard in nearly every corner of this world – Bob Marley,

"My dad had all of his albums. Bob inspires me because, if you listen to his music carefully, his vocals and his lyrics are incredible – his lyrics truly have a meaning."

MORE THAN A GIRL WITH A STUNNING VOICE.

Pearl is not only a singer-songwriter, she can also play the guitar and is gradually learning how to produce her own music. As a music creator, Pearl states that there is no such thing as a fixed order in which her music is created. Sometimes, she starts with the lyrics and occasionally it starts with the melody. Consequently, this creative process accurately varies every time, *"Half of the songs that I wrote began with the words and later followed by the melody. This is a natural process for me."*

When it comes to covering songs by other people, Pearl admits that although this is something she used to do back in Aruba, she is not a big fan of covers,





"Because I write my own songs, my passion is really devoting my time to my own writing."

Around the age of twelve, Pearl began doing small gigs in Aruba, thanks to the support that she had received from the people who knew her best. The more gigs she did, she ultimately wanted to do more and more of these gigs because music meant more than anything else to her. In fact, she viewed these appearances as a way to express herself purely.

When she began doing these local gigs, she did not do it for the money; she did it to openly share her love for music. Which is why, at the start, setting a price for her gigs was quite awkward for her. Thankfully, the support of her beloved father, helped Pearl overcome that.

Performing live is anything but a piece of cake, *"It takes a lot of effort and mental preparation before an artist steps on stage."* There are countless gifted individuals in Aruba that are involved in a number of different artistic areas – whether it is photography, typography, music, etc. Yet, many of those who proudly spent hours perfecting their art, do not receive any type of compensation for their work. Pearl, on the hand, is one of those fortunate artists that can count with the support of her parents when it comes to dealing with the 'business aspect' of her career.

Pearl's advise for those who are struggling to set a price for their artistic work? *"Make sure that what you do is sincerely something that you want to do. There should always be mutual respect between you and the people who want to pay for your work. They need to understand the value of your work and you need to learn how to not settle for anything less than what you deserve."*

THE RELEASE OF HER OWN MUSIC.

In May 2018, Pearl released her first original single, 'Innerpeace', which she wrote, composed, produced, and then published on SoundCloud, all by herself – she did not want to rely on anyone. She knew that, if she wanted to do something, she would want to do it herself. Thus one day, she found a way to borrow an old laptop from her father, installed Audacity on it, and started recording her very first single with the microphone of her earphone. Pearl admits that the quality of her first single may not be the best, *"It is not about the quality of the song, this first single is something that I wanted to create on my own, and I did."*

Following the release of her first single in May, Pearl has published a number of original songs on her SoundCloud page, including one featuring famous Aruban Producer Marc Era, which is titled 'Mystical Connection'. Here, you can enjoy all of her OG singles.

DO NOT PREDICT THE FUTURE, CREATE IT.

Her future is bright and that is certain. With music being more than a hobby for her, she knows that she will need to be able to balance both the love she has for music and the passion she will have for her job as a future social worker.

Pearl is a gifted individual who knows exactly what she wants. Without a doubt, she is working incredibly hard to achieve her goals. Yet, many young people her age are still trying to figure out their path in life and Pearl believes it is okay,

"Give yourself time to figure things out. If you do not know what you are doing, give yourself room to think and time to reflect upon your emotions – do not rush anything for anyone and love yourself unconditionally."



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THE BEST NEW YEAR'S EVE FIREWORK DISPLAYS IN EUROPE.

Growing up in Aruba, fireworks were a big part of the tradition to ring in the New Year. In part due to a superstition that says that the bad spirits are chased away by the sound of fireworks. But firework displays are also a way to remind us that there is beauty in everything as we start a new year. If you're an ocean away in Europe and don't know where to find amazing firework shows, here's a list of the top 5.

#001 ; AMSTERDAM

Well known for its party atmosphere, Amsterdam is the perfect place to start this list of on. With many different spots from where to enjoy the pyrotechnics in full view while partying or enjoying some traditional Dutch treats like Oliebollen. At the stroke of midnight, the sky bursts into a colorful scenery of both the official and unofficial firework displays. According to I Amsterdam, the city's official New Year's Eve fireworks this year will be taking place at Kop van Java. However, equally impressive light shows take place above the Nieuwmarkt Chinese district, Leidseplein and Rembrandtplein. The party continues after midnight at hundreds of clubs and live music venues across the city while welcoming visitors from all over the world.



#002 ; BERLIN

From Amsterdam, we move to Berlin where the city hosts an open-air party to ring in the New Year. This party is held between the Brandenburg Gate and the Victory Column in Berlin and has been named one of the biggest street parties in Europe. The street party features traditional treats as well as live music, all of which starts at 07.00 pm. Traditionally, at the stroke of midnight, the city lights its firework display for everyone to enjoy. While this event is free to the public, at a certain point the area is closed off to prevent overcrowding. So make sure you're there early.





#003; LONDON

From Berlin to London. As soon as the Big Ben chimes at midnight, fireworks go off and light up the night sky for 10 minutes. This event takes place at the London Eye on the South Bank and, is organized by the Mayor of London. Although this is a ticketed event, where tickets are already released in September each year, you can also enjoy the breathtaking firework display from the Westminster bridge and the north embankment of the river Thames. Both of which are outside the ticketed zone. Be prepared as pubs and clubs in London are more expensive on New Year's Eve, but the subway is free of charge from midnight until 4.30 am.

#004 ; BARCELONA

Moving it south. In Barcelona, the party is located at the Plaça d'Espanya, along Avinguda Reina Maria Cristina, and at the foot of Montjuïc. This is the venue for Barcelona's biggest celebration with a spectacular firework display, music, and live performances. The celebration starts at 11:00 pm and finishes at around 12:30 am. Much like in Aruba on New Year's Eve, locals will first have dinner with their families and toast in the New Year before heading out to party. And while the locals won't join in on the party until later, Barcelona has many expats and travelers ensuring that every major venue will be having an epic celebration all night long.



#005 ; MADEIRA

Did you know that Madeira is in the 2006 Guinness Book of records for having the largest fireworks show in the world? In Madeira, it doesn't all boil down to just one day of celebration though, during the last days of the year, the streets of Funchal fill with music and fabulous festivities that culminate with an epic firework display at midnight on New Year's Eve. The event includes a magical show, unique from any other and with thousands of different lamps of all colors that decorate the Funchal Amphitheater. Transforming it into an elaborate stage, providing a beautiful backdrop for an epic firework display sure to be enjoyed by all.

WHEREVER YOU DECIDE TO GO, YOU'RE SURE TO HAVE
AN UNFORGETTABLE EXPERIENCE!





“VISITING AFRICA CHANGED **MY PERSPECTIVE.**”

- Justien Dreischor

Justien Dreischor has been living in the city of Utrecht, the Netherlands for six years. She explains that when she first arrived in the Netherlands, she initially studied Biology and Laboratory research. However, she discontinued the program after noticing that it was not what she wanted. She continued looking for the right study program and eventually decided to follow a Management course at Utrecht University of Applied Sciences. Justien is currently the final year of college.

- **WHY THE SUDDEN CHANGE?**

"I feel that my current study program matches more with my personality as I love having the solutions to certain issues in management. I also have more skills in what I'm doing, for example; direct, plan, implement and many more."

In her third year, Justien explains that she wanted to do a minor abroad in health care and, she ended up going to Africa for a period of three months. Justien says that she decided to go to Botswana because ever since she was a kid, she has always dreamed of going to someplace in Africa. She was curious to figure out if Africa's culture was the same as what we've seen on television. She says, *"My principal question was: 'Could it be true that people are so poor like others assume?' That's why I went to Africa."*



• HOW WAS YOUR EXPERIENCE IN BOTSWANA?

"It was an unforgettable experience. An eye-opener in the way I used to think about Africa and what I thought I knew about the continent, which is not the reality. There is poverty, but not like many people think. What I have noticed in Botswana is that it is more Western than I had initially expected. During the months that I was there, I worked as a volunteer in an organization that combined with sport and education. Here, they had many supervisors that coach and teach the kids about a number of topics, such as; AIDS, hygiene, teen pregnancy and other subjects that are important. I also helped plan different activities for the kids, including an excursion to a reserved nature and a bicycle competition."

Justien lived in a village called Ramotswa. The student says,

"IN LESS TIME THAN I ANTICIPATED, I HAD A CIRCLE OF FRIENDS THAT WOULD TAKE ME TO OTHER PLACES TO VISIT."



She explains that the people living there were also kind enough to open their houses to her. This offered her the chance to learn more about them and their family, but also to experience the way they live.

Besides that, they planned two weeks to travel to the north of Botswana, to explore Maun and Chobe.

"I went to Zimbabwe, where I took the opportunity to see Victoria Falls, which happens to be one of the biggest waterfalls in the world."

For Justien, her overall experience in Africa was amazing. She says that one of the best feelings was when all the children were competing with a bicycle and recognizing the feeling of happiness on the faces of these children. She cannot describe how grateful these kids were.

Jasmira
WIERSMA:

“YOUNG AND STILL THRIVING”

Jasmira Wiersma, 23, has achieved her Master's degree in Finance and is pursuing her Ph.D. The years went by quickly for her. She expected it to be hard and a lot of work. She also had a lot of freedom and independence to develop as a person, throughout the years. Yet, she was ambitious and determined to finish her school - this is her story.

At the age of 16, she graduated HAVO. However, she wasn't sure if moving to the Netherlands would have been the right step to take at her age. So, she did some research and looked for other options in the region, and stumbled upon the University of Curaçao. She decided to do a campus tour with the director of the study of Business and Economics. Ultimately, she was convinced that going to Curaçao was the right decision to make.

After finishing her Bachelor's in 2016, she was ready to move to the Netherlands to pursue a Master's degree.



HER BACHELOR YEARS

She pursue a degree in finance because the study attracted her more. It was a pretty broad program, yet because of that, she found it interesting so that later, she could focus on a certain major in that field.

When attending the University of Curaçao, people tend to think that everything is taught and spoken in Papiamentu. However, in her program, the tests, assignments, and classes were all in English. On campus, one could speak whichever language he pleases. But when talking to teachers, the conversation must be held in English, otherwise, you won't get an answer. Fortunately, for Jasmira, she liked her program. Due to that, the study was doable. Subsequently, she graduated with a Bachelor's degree of Science in Business and Economics.

"IF YOU DIDN'T LIKE IT, YOU WOULD HAVE HAD A DIFFERENT EXPERIENCE."

HER MASTER YEARS

Based on classes and school rankings, Groningen, a city located in the northern part of the Netherlands, caught her attention the most. So she attended Rijksuniversiteit Groningen (RUG).

Just like her Bachelor's, her Master's was also in English. Although, during her Bachelor's, her class consisted of approximately 20 students. This means that there was much more focus on each individual and the possibility for every student to easily ask questions, and form a bond with a teacher. While in her Master's class, there were about 150 students, and thus, the attention given to each student was remarkable,

"It was harder to get your questions answered due to other students wanting the same. And, after class, there was usually a long queue of students waiting to get their chance with the teacher."

For those who wish to pursue a Master's degree, Jasmira's advice is to make an appointment with your teacher, so you can ask all your questions. Even though she had a big class, she did bond more with the international than the Dutch. She's liked their work ethic because it was similar to hers. And she's thankful to have worked with them.

After a year of working hard, she received her Master's degree in finance and decided to pursue a Ph.D. in economics. She currently has a Ph.D. position at RUG for 4 years.



LET'S GET PERSONAL

Jasmira is in a supportive relationship with her partner that she met in Curaçao. Jasmira and her partner push each other to be the best version of themselves. They don't expect or force each other to reach the same stage as them. They make their relationship work by meeting each other half way, by helping each other and by communicating well. Should there ever be a discussion, they try to talk things out.

For those who desperately wish or want to find a companion, don't rush into things. Before Jasmira and her partner were exclusive, she enjoyed her student years, and so should you. Even now, with her partner, she's still having fun. So if it isn't working out, you should realize it and let it go.

"Never rush into things. Everything has its own time."

Also, having someone will take time from your studies. Luckily for her, they both knew that finishing school was their top priority.

"THE MOMENT YOU MOVE TO THE NETHERLANDS, YOU HAVE TO REMEMBER THAT THERE WILL BE A DEBT HANGING ON YOUR SHOULDERS."



HER TIPS:

Before going abroad, do your research. Not only in the study but also on the school and the environment. The location influences your way of studying. Try to also find people who did the study and be informed by them. Make sure to get different opinions and not a biased one.

When experiencing doubt, ask where that doubt comes from, for instance, self-confidence. If you're thinking that the study isn't for you and it's not going well, look for other options. But don't go rashly on a whim. You should really try the first year; you might end up liking it.

Studying can take a toll on you. So make sure you find a way to have a support system. For Jasmira, it was her family. Additionally, she is religious, so praying helped her.

Try to remain physically active. Jasmira likes going to the gym, movies, going out in the city, discovering new places to eat or even reading a book relaxes her. So find a hobby that takes your mind off of school.

**“IT'S OKAY TO STRUGGLE.
AS LONG AS YOU MAKE IT
TO THE END WHERE YOU'RE
HAPPY.”**





MONEY HACKS.

BY: DOS PLACA

Odds are you're not one of those young 'Social Media Influencers' who get paid big bucks to promote products on their Instagram (yet). You're probably just barely getting by each month on a mix of Student Loans and that occasional Mom & Dad money. #studentlife right?

What if we told you that there are actually ways to save and earn money, without having to give up your social life and Netflix subscription. To help you out, we collected a few tried and tested student money hacks that'll help you save and earn money each month!



HACK #1: BUDGET!

You would be surprised by how quickly you can start saving money when you actually know how much you spend each month. When's the last time you analyzed your expenses to see if you're spending too much? There are super easy ways to do this: If you happen to bank with ABN AMRO, use the Grip App to track all your expenses. If you use another bank, try out the Wally App!

HACK #2: AUTOMATE YOUR SAVINGS

It's all about automation these days, and if you're not automating your savings, you might as well be living in 2010. The easiest way to save more money is to take the process out of your hands, so be sure to set up a recurring weekly or monthly transfer to your savings account. Some banks even offer a 'swipe and save' program that puts money into your savings account every time you use your debit card!

HACK #3: THE 80/20 GROCERIES RULE

Save money without having to give up on good food by spending 80% of your groceries budget at the discount grocery store, and splurging the remaining 20% at the premium grocery store. Instead of just hoping for deals at the premium grocery stores, instantly save more money by buying mostly at budget grocery stores like Lidl, Aldi or Dirk (in The Netherlands) and use 20% of your budget for the boujee foodstuff!



HACK #4: CHEAPER SCHOOL BOOKS

Please don't fall into the trap of buying only new books for your classes. You probably don't need the latest version of each book, and this means that you can save you a ton of money upfront. Buy Second-Hand Books, Buy E-Books Or Rent Books. And if you're wondering where to find all of these, Google it! Tip: Double check with your instructor before buying an older version of a book.

HACK #5: THE COLLEGE HUSTLE

Here's a little-known fact: Most college or university student jobs pay good money! Try finding a nice little side hustle at your educational institution that allows for a little bit more breathing room in your monthly budget. Alternatively, you can also earn a decent amount of money by taking part in paid research studies. Just make sure you know what you're getting yourself into!

'For more personal finance tips, visit www.dosplaca.com'

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"My impediment will not stop me from achieving my dreams."

THAIS FRANKEN



Thais Franken is currently doing her double master's degree of science in Public Policy and Human Development between the Maastricht University and the United Nations University.

Ever since she was young, Thais says that she has been suffering from stuttering, which is something common in her family. She states,

"For years I have struggled with stuttering, which is what held me from my dreams for a long time."

However, now she has learned how to live with it.

Thais had many therapy sessions, doctor appointments and others around her who were all trying to help solve her stuttering. Still, she mentions that during the speech impediment, they would tell her that eventually, the stuttering would stop. Yet, it never did. Additionally, at school, teachers would often tell her to get an

office job, because someone like her should not have contact with people. Unfortunately, Thais says that she took that advice. However, she still wants to be around people, and says, *"I want to solve problems"*.

When she started the University of Aruba, she enrolled in the faculty of Finance, but later realized that it was not what she truly wanted. Not too long after, she decided to transfer to the faculty of Organization Government and Management, even though people were telling her that she would not fit in due to her stuttering. Thais enrolled in the program anyway. During her years as an OGM student, she got to do a lot of presentations and participate in many debates. Thais explains,

"With my stuttering I've approached these challenges even more. I did have negative thoughts sometimes, but I believed in myself. I did it to inspire others because I've been dealing with this issue my entire life."



During her time as a bachelor student, Thais received the opportunity to travel for school. She visited Europe and the United States to meet with leaders and other important new people, which she describes as an inspiring experience. She explains that these are people who are impacting the world in the areas of innovation and sustainable development, including small islands, through policy and research. They do this by encouraging diversity, knowledge, equality, culture and creativity, inclusion and empowerment of all.

What Thais would like is for Aruba to create more opportunities in the creative industry, as she comes from a creative family herself,

“Our Island is a place with many creative people, there are different artists with diverse artistic backgrounds. Aruba can explore more creative industry and artistic options. We need to focus on the youth and help them develop skills that are required to have a creative mind.”

This was the idea for her thesis.

Last year, she participated in a number of research projects with groups consisting of international students. They wrote a book about different topics, such as; entrepreneurship, culture, environment and much more. This was her first experience in writing a book,

| “Writing is one of the things I truly enjoy. Writing is one of my favorite hobbies.”

After obtaining a score of 9 for her thesis, which was titled 'Placing culture and creativity at the heart of the Aruban sustainable development', Thais won an award for having the best thesis that academic year. However, at this given moment, she is not certain what specialization she would most likely do, but it would probably be something in the area of innovation, *“Innovation is the future; Aruba and the world need it. More sustainable inclusive is one of the most important.”*

Thais, who is the only Aruban in her program, believes that she has to represent her island well, which is something that she is honored and privileged to do. The master student not only wants to make a difference in Aruba but also on every island in the Caribbean and around the globe.

• **WHY DIDN'T YOU DO YOUR BACHELOR'S DEGREE IN THE NETHERLANDS?**

"I was only 17 when I finished high school. Thus, at that time, I was too young to go to the Netherlands. I didn't want to go anyway because I didn't want to lose my comfort. I even wanted to become a doctor at some point, but I was too young. I also didn't want to go to the Netherlands to end up with big debts."

These were her primary reasons for choosing the University of Aruba. She remarks that studying in Aruba also didn't limit her the opportunities to get out of the island.



Thais advice to all young people who are not sure about what they would like to study is to first take a look at the different programs that the University of Aruba has to offer. The University of Aruba is giving chances to students to explore these different programs and to travel,

"It is important for students who are completing high school to be aware of these choices."

It is important for Arubans to feel the need to come back home and give back in some kind of way. Not immediately of course, but eventually. Thais explains that she believes that Arubans want to aspire an international life since Arubans come from a small Island. Thais want to gain experience around the world,

"I enjoy the International atmosphere. It is necessary to gain the experiences the world offers so that when we come back to Aruba, we have the knowledge."



Whenever she feels lonely, even in a city like Maastricht, which is a friendly city, Thais says that writing is what gets her going. She explains, *"It helps me process my thoughts. I can write about any topic or happenings around me that is inspiring to me."*

In the future, Thais would like to do her Ph.D. but only after she is more relaxed and after she has gained more experience in working doing research, entering the academy and teaching so it easier for her Ph.D. Giving back to what I learned. However, she feels like she has to achieve a lot in her life. In the end, Thais says the following,

"My dream is to reach communities, influence many and help millions. I strongly believe in that."





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RAISA RUDGE

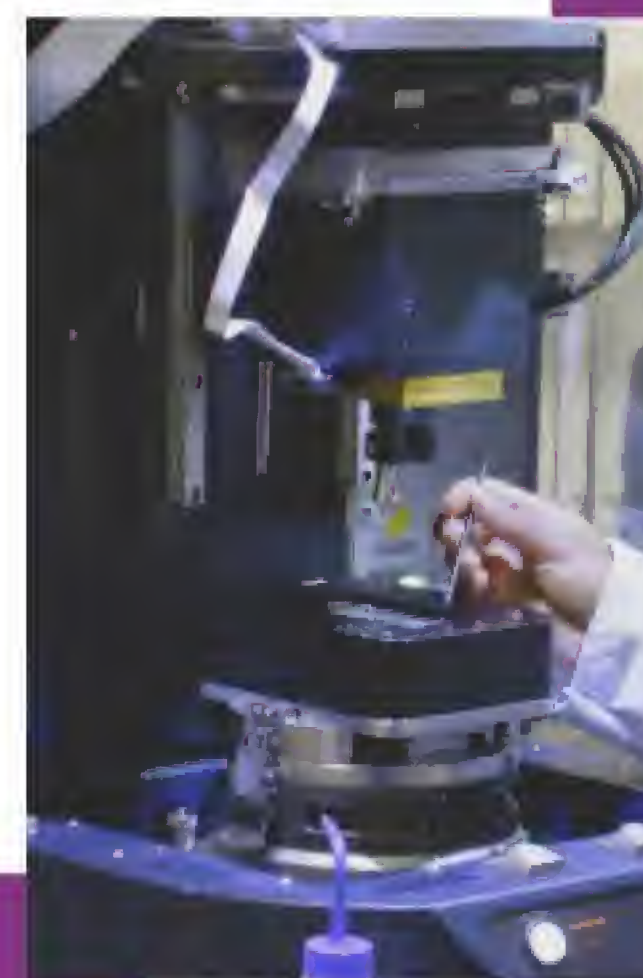
**HOPING
TO MAKE A
POSITIVE
IMPACT IN
SCIENCE.**



At just 26, a Ph.D. candidate at Wageningen University & Research, she emphasizes on how important it is to have a good mindset before departure, upon arrival and during your stay in the Netherlands,

"The fact that your mindset is positive and different, you experience everything in a different and better way."

Additionally, having lived and studied in the Netherlands since 2009, Raissa acknowledges the fact that having a good level of Dutch before moving to the Netherlands makes a huge difference, in a good way.



- **WHY DID YOU COME STUDY IN NETHERLANDS?**

"Ever since the days of Colegio Arubano, all of my friends would go to the Netherlands. So, that became the obvious choice for me."

- **DID YOU ALWAYS KNOW YOU WANTED TO OBTAIN A PH.D.?**

"Not at all. Now, I sometimes wonder what I was thinking," she laughs, "During my study I realized I enjoy conducting research, and so here I am in my second year of Ph.D., resolving the Rub in Food Friction."

Raisa mentions that since her first week in the Netherlands, she has always been very active in student clubs, organizing company fairs, and being involved in the 'Opvang Commissie', where she met a lot of people and was always quite busy. She spent a total of seven years in the 'Opvang Commissie',

"I felt I had enough knowledge about certain things and wanted to transfer the knowledge to upcoming students."

While the 'Opvang Commissie' is mainly involved in ensuring all students manage their essentials during the first week in the Netherlands, for Raisa, she did it due to wanting to motivate youngsters,

"Going to Ikea and getting them their OV card was one part. But, I enjoyed motivating them and telling them stories that could inspire them to be successful here in the Netherlands."

After seven years, Raisa decided to 'resign' as she technically isn't a student anymore and had to move to Wageningen.

While most people decide to give up on their study due to their low grades, she did the opposite. During her Colegio Arubano days, she never did obtain high grades in Math, Chemistry or Physics. During her bachelor's degree, she also didn't get the best of grades, but continued anyway,

"Today, when I tell my teachers at Colegio Arubano what I'm studying they are, quite, quite, shocked."

Raisa shares that the reason behind continuing despite her low grades was because she, *"Liked it. In Ph.D., we go very deep in a certain subject, so I think that makes it easier for me to handle. Maybe I was too young or distracted but I think it's very interesting. Wanting to become a lawyer or a doctor while younger was never my thing."*

Whenever Raisa visits Aruba, she always tries to contribute to the community, with conducting public lectures being one. One thing Raisa hopes to organize in Aruba is a Science Lab with the idea to show students that,



"Science can be fun, it can be for girls, it can be for people on the island. The stereotype in Aruba is that Chemistry, Physics, and Mathematics all sucks."

One thing Raisa hopes to show future students is that, once you get through the basics of Science, it can be quite fun and enjoyable.

- **WHAT DO YOU THINK OF THE ARUBAN STEREOTYPE ON SCIENCE?**

"I think it has to do with the lack of role models [in Science]. In Aruba, you often see someone working in a certain field, doing a certain profession, therefore, people want to become like that person, so they study that subject. We don't see much of that with people doing Science."

- **HOW CAN THIS BE CHANGED?**

"I think it can start by showing them all you can do in this field. It really is not that abstract like people think it is, or how you see in books."



"We would go with a bus full of equipment and go to various universities to do a mini lab during the day. We'd be there with all of our forensics stuff and try to make it exciting, make it alive." She feels that there isn't really anything like that in Aruba. She feels that it is important to show students what you actually can do with a study in this field, instead of always showing the same things, in the same routine, during classes. Raisa hopes to serve as a Role Model in science, "To show that it is possible, even for us."

Today, she is in a Ph.D. council, where she evaluates the education and stands for student's rights. In the past year, she helped organize their 'Ph.D. Trip', where they flew to Singapore. She acknowledges the fact that being very active in student organizations requires a lot of energy, but what you get back out of it; social time, friends, network, experience, is what makes it all worth it.

- **ARE YOU NOT CONCERNED TO BE OVERQUALIFIED IN ARUBA?**

"I'm aware I'd be quite over-qualified in Aruba unless I become a professor at the University of Aruba. But, I'm in Food Science, the worst case scenario is that I can always have my own restaurant," she laughs.

- **WHY DID YOU DECIDE TO DO A PH.D., KNOWING YOU'D BE OVERQUALIFIED?**

"I knew since my master's I would be overqualified already. So, I didn't look at it that way at all."

Raisa feels there are a lot of 'horror stories' about the Netherlands, either about not finding a house, about failing at school, etc. Which creates a very negative 'picture' in the back of the mind of students, before even coming to the Netherlands,

"You often hear that Arubans didn't get housing. But, it's not just Arubans that struggle with that, it's difficult to get housing in the Netherlands in general."

She thinks that what people hear before going to the Netherlands has an impact on how they experience the Netherlands.

As for the future of Raisa Rudge, she hopes to continue in the field she is currently in,

"Interface between chemistry, physics, and food technology, either doing a research at a company or in the university. The highest achievable would be to become a professor and win a Nobel Prize."

While a lot of people always plan and look forward to going back to Aruba, Raisa states, *"Yeah, definitely one day. But, that has never been my goal,"* she continues, *"I think a very good job opportunity would make me want to go back to Aruba, but I also have to feel that I'm 'done' with the Netherlands and the rest of Europe."*



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Broken down, **TO BE BUILT BACK UP.**

Jesra was raised as a Christian and regularly bullied as a child. Today, she has achieved her Master's degree and is working in Human Resources at a big company. At the age of 24, she has overcome a lot to become the woman she is today. She completed her Bachelor's and her Master's in two different countries while developing differently as a person in both. She got to know her potentials and realized who she was as a person. It built her character and made her overcome her insecurities. Her Bachelor's was the best 4 years of her life, while her Master's taught her more about self-reflection and how to challenge herself intellectually.



BACHELOR'S IN CURAÇAO

Jesra initially wanted to become a nurse and had considered her options at the University of Curaçao. However, she received off-putting signals about her study choice. So, she did a 'studiekeuze check' and the outcome of that test advised her to study social work. Coincidentally, the school offered that program. She convinced herself to try it out for a year. At the beginning of the semester, the social work program challenged her to produce a Personality Development Plan and at the end, a reflection. After doing this constantly, she kept being faced with what she thought she was, but not who she truly was. So, her study helped her find and understand her own issues. This is why she remained in the field of social work.

She also majored in Human Resources. Not only was Jesra busy with business and administrative work, but she also learned the 'people-side' of business. Thus, not seeing employees as money-makers, but



Furthermore, she showed herself determination. In the past, Jesra was told that she wasn't smart enough for a certain class, let alone graduating with a degree, which scarred her for life. Thus, during her Master's, she told herself not to worry about proving herself to other people. Her hard work paid off when she completed her Master's in Human Resources and Management.

JOB AND FUTURE

When searching for a job, she applied for junior positions and traineeships. She aimed big and compared herself to the Dutch, but didn't prepare like one. Meaning, the Dutch often read articles and conduct research on a particular company. However, her insecurities arose and hiring managers noticed it. This resulted in multiple denials as her insecurities were viewed as barriers that could get in the way of work. After experiencing rejection after rejection, she started praying:

"God, I am going to stop questioning you. Give me a job that is in your liking. Not what I nor my parents want. A job where I can work on my skills and grow."

On LinkedIn, she found a company called Eni, which is an international company with employees of different nationalities. She applied, got the job and couldn't be happier. She is currently a Human Resources-assistant, but she wants to be ahead of that in the future. Furthermore, Jesra believes that Aruba is behind in the field of HR due to government negligence. If the system doesn't change in the next 5 to 10 years, specifically in laws and regulations in the area of labor, Jesra has the desire to change that.



as genuine people. She outperformed herself and graduated with a Bachelor's of Applied Sciences in Social Work while majoring in Human Resources Management in 2016. Comparing to when she started the social work program, Jesra had developed a new mentality. And she wanted to bring that on her journey to achieve her Master's.

MASTER'S IN THE NETHERLANDS

To truly focus on her education and not to fight the signals she was receiving, she continued with her Master's degree at the Rijksuniversiteit in Groningen. For starters, it brought her back to zero, but not in a negative way. During her Bachelor's, she overcame some of her insecurities, but the challenge during her Master's program was merely communication. She used to detest being around Dutch people while thinking that they don't like Arubans. So, during her Pre-Master's, she told herself she cannot continue with such a mentality. After doing that, she could have seen what she did and didn't like about them while also knowing how to deal with them.

JESRA AND WING

She met her partner, Wing, during her Bachelor's. In the beginning, it was hard for Jesra to become physically attracted to Wing due to the stereotypes. Later on, she overcame it and gave it a chance. Her partner was born and raised in Bonaire but has Chinese ethnicity. A stereotype is that Asian parents expect their offspring to marry other Asians. Fortunately, Wing's parents welcomed Jesra with open arms. They distanced themselves from social media because it influences people to have a conception of how people are supposed to be. If Jesra and Wing complied to those standards, they wouldn't have made it.

"LOVING WHAT THE COMMUNITY SAYS, IS NO STANDARD LOVE."

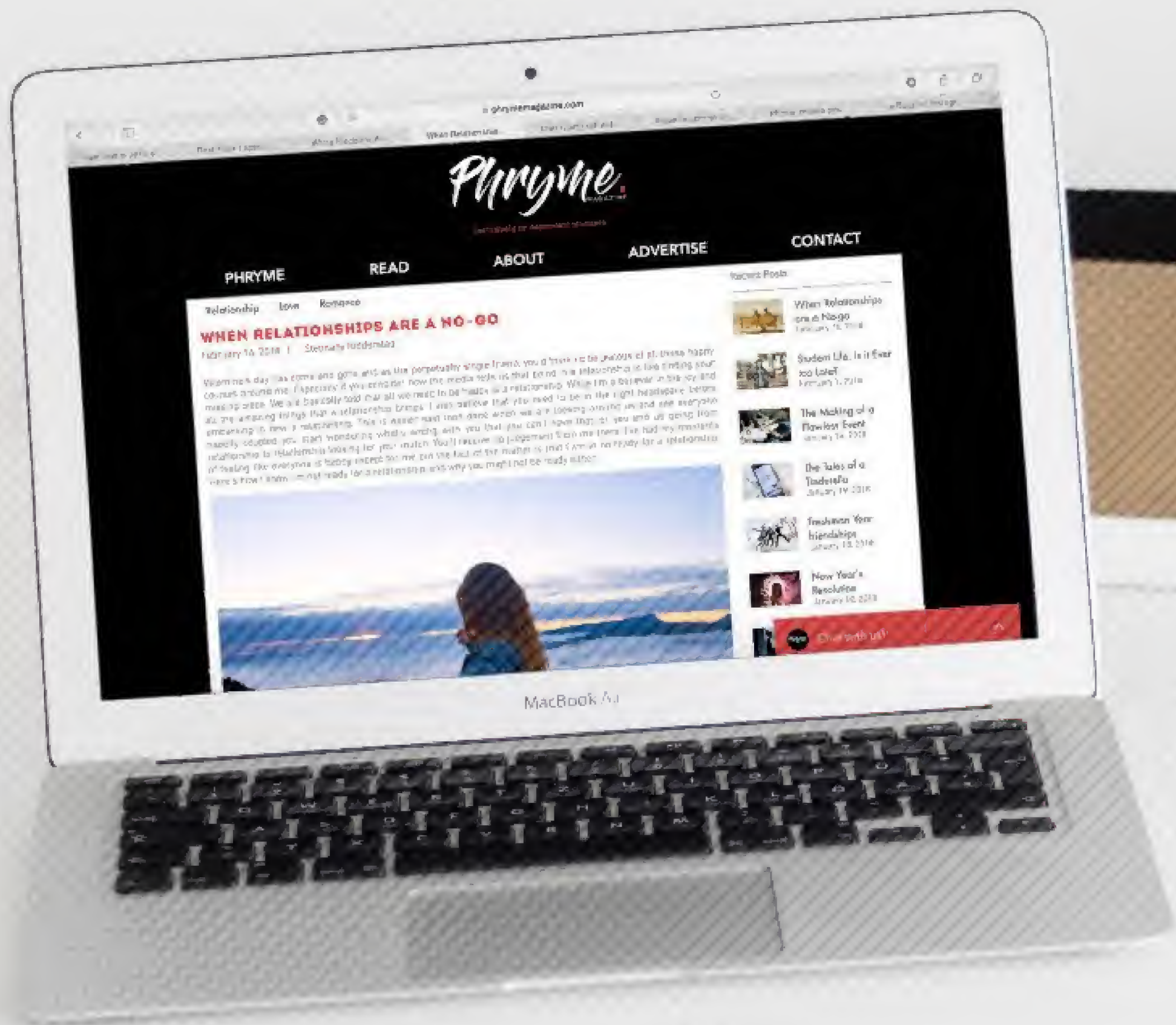
Regardless of what society says or thinks, the couple came to a point to see what they both valued most. The smallest things Wing does matter the most to her. While for Wing, he finds her beautiful beyond her physique; what's on the inside matters. And now after 5 years, even with their ups and downs, they're still together.



HELPFUL TIPS

- Those who wish to go in the same field as Jesra will be required to have a lot of self-confidence. It'll be hard to find a person who doesn't stand for something he believes in. But, the social work program will change your mentality of how people cope with each other.
- Be yourself and hold onto that.
- Prayers also help. God has a weird way of working. His way, from Jesra's experience, is to build you up, to bring you back down. He will show you that materialistic objects don't make you happy. He's not just going to show himself and it takes a lot of self-determination to believe in something that you can't see. But He will always be there. All you need to do is rely on Him.
- Don't get comfortable; try to stay active. There is a satisfaction when you accomplish things in life. People may think that you're being cocky about your success. However, you should be proud of yourself.
- Ask yourself what's important to you and how much you're willing to sacrifice to get to where you want to be. Sacrificing your social life, sleep schedule or time with your partner? It's very crucial for you to re-evaluate your values and priorities.
- Become vulnerable by taking the time to be alone with yourself. Reassess things and try to continuously reinvent yourself. Try to be the best person, for you and for this world.





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SINGLE FEMALE

Nicole

ACOSTA

- Birthdate: 18 November, 1997 | Height: 1.73 m •
- Education: 'Verloskunde' • University: Hogeschool Rotterdam •
- City: The Hague, Netherlands •

- Her favorite artist is Justin Bieber;
- She loves all animals;
- Her favorite movie is Interstellar;
- Her favorite holiday is New Year's Eve;
- Three things she can't live without are dancing, laughing and her mom's empanadas;
- If Nicole's life was a song, the title would be, "Dancing on my own";
- If she had to pick one food to eat forever, she would chose Nachos and Guacamole;
- The most embarrassing thing that happened to Nicole was that she once fell in the middle of the schoolyard of Colegio Arubano. Which was "very embarrassing". But, the guy she then had a crush on helped her get back up and gave her a hug so that compensated her embarrassment a little;
- The most embarrassing thing that happened to Nicole was when she once fell in the middle of the schoolyard of Colegio Arubano;
- Someone that is inspiring Nicole right now is her hardworking father;
- If you had to define Nicole three words, they would be; happy, adventurous, indecisive.
- Nicole's message to her teenage self, "You're out of this world! Metaphorically, of course. You're not good enough at math to be an astronaut";
- Nicole always wanted to travel to another country by herself, but is too afraid to;
- The one thing people don't know about her is that she has sticky notes plastered all over her room with positive quotes and affirmations.



“The flower doesn’t dream of the bee. It blossoms and then the bee comes.”

- Nicole describes her soulmate as,

“Someone who enjoys making me laugh and spending time in nature. Someone caring, family oriented, smart, spontaneous and passionate. Someone who pushes me to be an even better person and supports me in everything I do.”



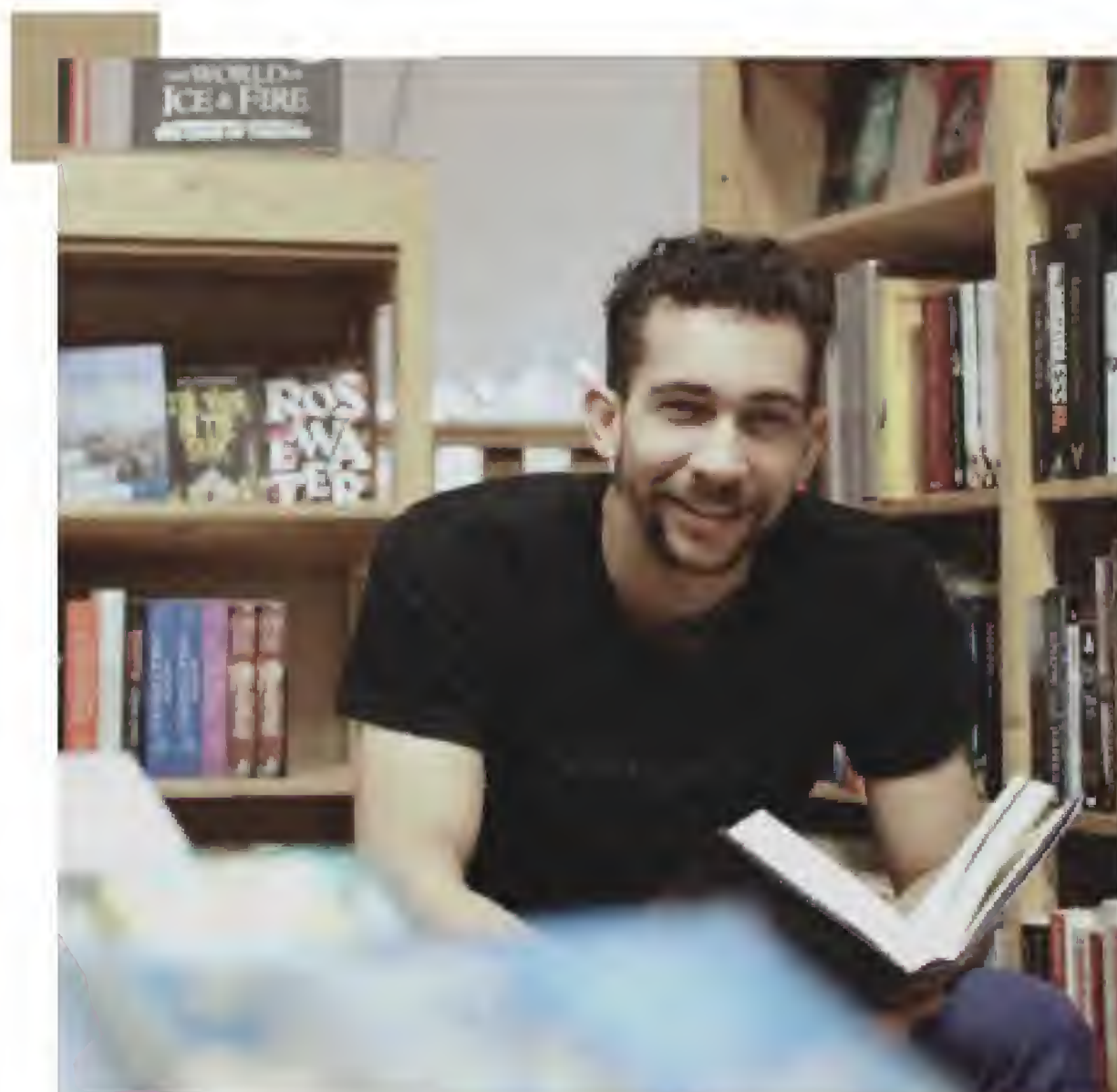
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SINGLE MALE

Vijon

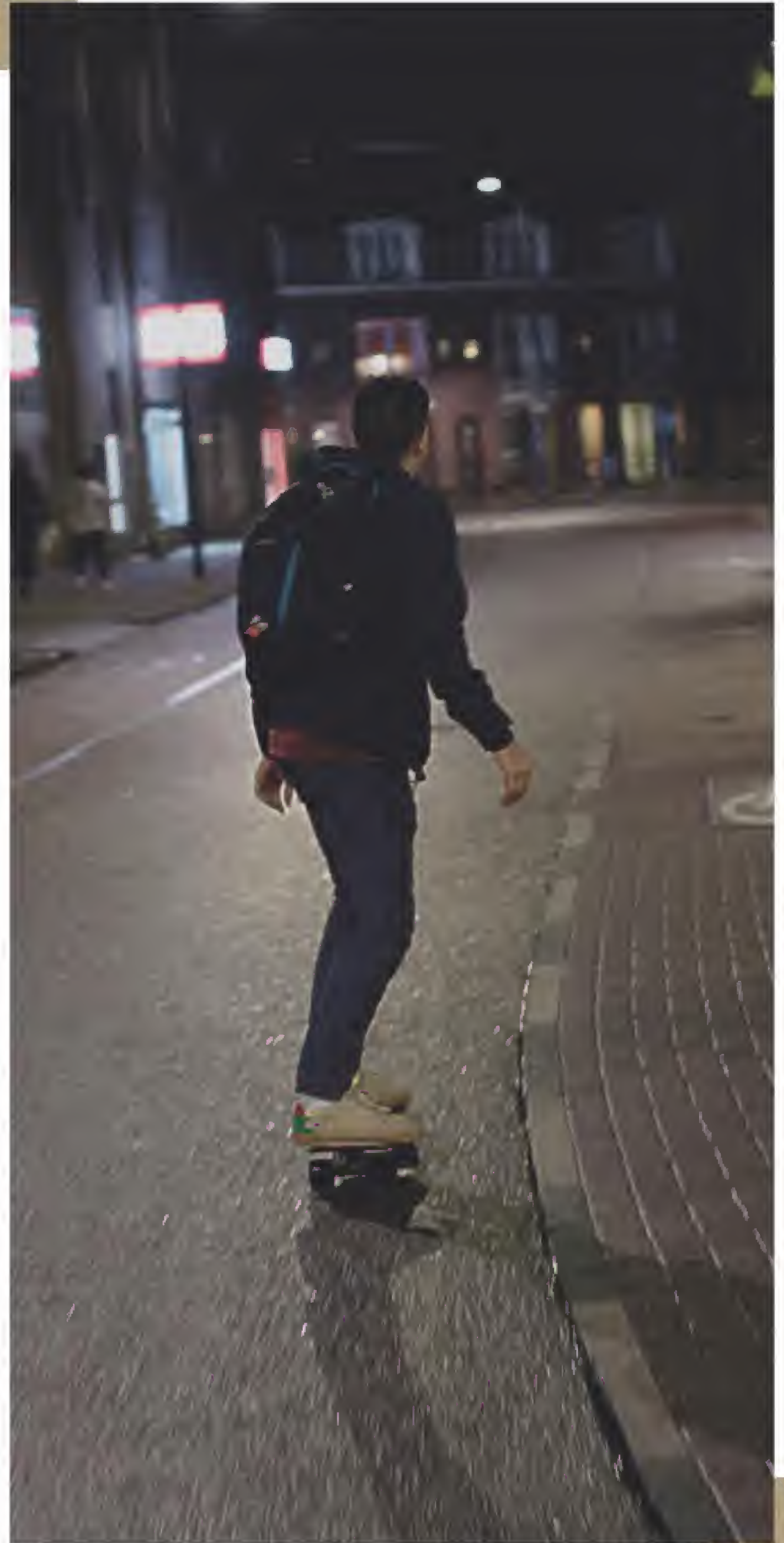
KOCK

- Birthdate: 1 January, 1993 | Height: 1.73 m • Work: Hitachi Vantara
- Education: Data Science • City: Den Bosch, Netherlands •
- University: Tilbury University / Eindhoven University of Technology •





- His favorite artist is Mighty Sparrow;
- He is a dog person and his favorite breed is the Mastiff;
- Dijon's favorite movies are Kimi No Na Wa, Interstellar and Cooper;
- His favorite holiday is Carnival and his least being New Years Day;
- Three things Dijon can't live without are coffee, tea, eBooks and Youtube;
- The title of his 'life song' would be 'Slow Patterns, Fast Habits';
- If he could go back in time, he would go to the moment the asteroid hit our planet that killed the dinosaurs with an epic robot army;
- If he had to pick one food to eat forever, he would chose Coconuts, *"You get juicy food and a drink from it"*;
- If Dijon had to choose to live without a phone or without internet, he would choose to live without a phone. Because without internet the phone becomes useless, if that was the case he would prefer a Paper notebook over a phone. Unless it is the case that the phone had 1 Yottabyte(1024) of storage where he would store a snapshot of the internet on it.
- His little cousin currently inspires him. It surprises Dijon how disciplined and resourceful she can be managing all the stuff he went through, but much more eloquently than he ever did, *"Hat's off for all the freshmen who are pushing hard against the tide. Go for it!"*;
- He always wanted to ride in a rollercoaster but is too scared to try;
- The one thing people don't know about Dijon is that he does not like alcohol, he hates partying and drinking - he prefers to drink water, tea and coffee (ranked in that order). Socializing can be discomforting for Dijon, despite him being an expressive people-person. Dijon also reveals that he has many addictions, that don't physically harm him, but can be just as bad to his mental and (occasionally) physical health.
- Dijon would describe his soulmate as his compliment in mind and soul. Someone who challenges everything he says, but fundamentally can relate to him on a deeper level.

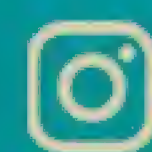


"Be content, be chaotic, be happy, be reflective, be adventurous, be in balance with your feelings and thoughts - knowing when to release your energy outwardly or retreat calmly to your inner self."
- Dijon K



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